What is claimed is:

1. A method for adjusting focus bias in an optical disk device, comprising the steps of:

a) detecting a physical information data area recorded in a data area of the optical disk in a dispersed manner;

b) measuring a jitter value for areas other than the detected physical information data area; and

c) repeatedly performing the step a) and the step b) while varying a focus bias offset value in a stepwise manner, and setting an optimal focus bias offset value based upon the jitter values measured while repeatedly performing the step a) and the step b).

2. The method according to claim 1, wherein the optical disk has record patterns in an embossed form in the physical information data area, said record patterns being recorded asymmetrically with respect to a track.

3. The method according to claim 1, wherein the physical information data area is detected based upon a center error signal or a tracking error signal.

4. The method according to claim 3, wherein the physical information data area is detected with reference to a slice level that is adjusted according to a maximum/minimum level of the center error signal or the tracking error signal.

5. The method according to claim 4, wherein the slice level

is adjusted to a level corresponding to 1/Nth of the maximum/minimum level of the center error signal or the tracking error signal.

6. The method according to claim 1, wherein a focus bias offset value, from the focus bias offset values varied in a stepwise manner, at which the smallest jitter values is measured is set as the optimal focus bias offset value.

7. The method according to claim 6, wherein a jitter value is not measured for the detected physical information data area.